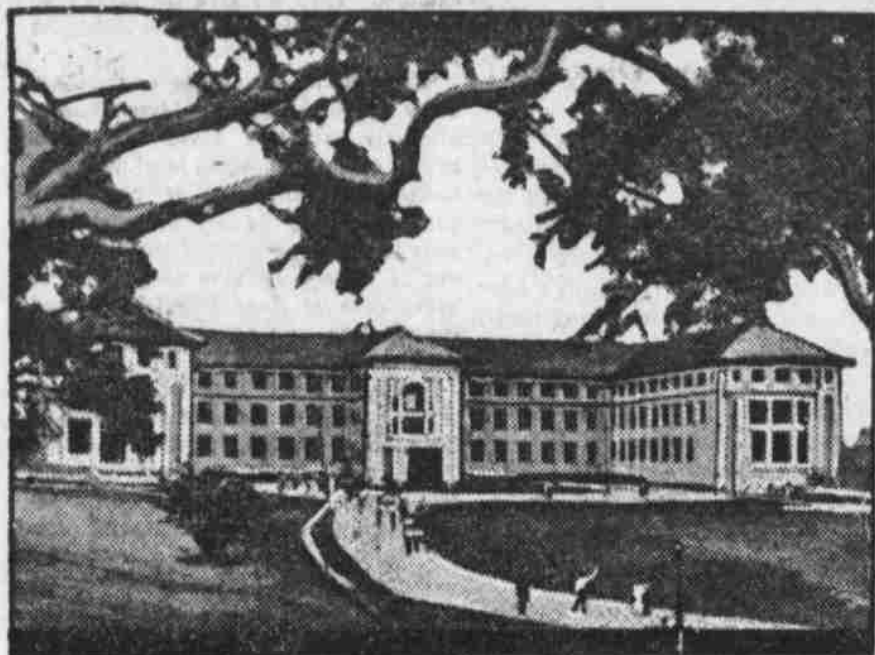


Capital of the Canal Zone



THE NEW ADMINISTRATION BUILDING

HAVING acquired a narrow strip of land through foreign territory and built therein the great Panama canal, Uncle Sam quite naturally felt that, as the work neared completion, there also should be a capital city from which the strip could be governed and the canal managed. Therefore he built Balboa. Balboa is the permanent town at the southern end of the canal, is the seat of government; the residence of the governor and the headquarters of canal construction and management. In short, it is to the Canal Zone what Washington is to the United States.

Balboa was named in honor of Vasco Nunez de Balboa, who, "silent, upon a peak in Darien," first saw the distant waters of the Pacific ocean and thus became known to history as its discoverer, writes H. H. Updegraff, in the St. Louis Republic.

The town of Balboa is not the first village that Uncle Sam has built along the route of the canal. It probably will be the last, however. But, unlike these others, which were no more than wooden construction camps, Balboa is permanent in character. It is to last as long as the canal, which, indeed, is as long as time itself. There is another difference between this new town, this capital of the Canal Zone, and the other canal villages, and that is that much more money has been and is being spent to make it the most attractive place of residence on the entire Isthmus. In fact, it is Uncle Sam's model town.

An American Community.

Notwithstanding its wholly un-American name, Balboa is a thoroughly American community. Its inhabitants are all American, for it was built with the intention of giving the American canal workers and operatives an ideal spot in which to have their homes, in which to rear their children under proper American surroundings, and where it would be possible to have a wholesome American atmosphere. The only foreigners who are part of the life in Balboa are the West Indian negro servants, most of whom, however, live elsewhere.

While Balboa is wholly American, it is yet quite unlike any American city or town of its size "back home" in the states. It has absolutely no political atmosphere. It is difficult to conceive an American town, no matter how small, that has no mayor, no city council, no political boss and hence no politics. Balboa has none of these.

The Canal Zone is prohibition territory and, therefore, Balboa has not a single saloon within its limits. In this respect it also is different from a majority of the cities and towns "back home." The "poor man's club" is wholly unknown, not only because there are no poor men on the Canal Zone, but also because they are prohibited. The occasional tippler must either maintain his own private little bar in his own home or journey to the neighboring city of Panama, where the "cantinas" are both numerous and well stocked and where everything is wide open and the bars never close.

In place of the "poor man's club" of the cities "back home" there is the spacious building of the Young Men's Christian association which fills all the needs of club for the men, meeting place for the women's societies and playhouse for the children. A separate, as well as general, room or rooms is reserved for each. Not far away is the 25-acre athletic field which is now under construction with a lavishness and detail such as no politically self-governed city in the United States can boast of. It was all done without expense to the population for there are no taxes to be paid in this model town of Uncle Sam's.

Site Was Once a Swamp.

The site of Balboa, between Ancon and Sosa hills, originally was a swamp which was filled in. It was chosen because of its proximity to the huge machine shops and other canal activities at the southern end of the waterway. It also was chosen because it would be near the capital city, Panama, of the Republic of Panama and would, therefore, place the two capitals into quick communication. This was necessary because of the varied interrelationship between the two countries due to the building and operation of the Panama canal.

Only a small portion, however, is

built on the former swamp and this is made up of what might be termed the civic center. On Ancon hill, behind the handsome new administration building, is really the best and prettiest section. Here are the official residences clustered about the governor's house around which the social life of the community in time to come will revolve. Across the former swamp toward the west in Sosa hill on which many of the new concrete two and four-family houses have been built. At the foot of Sosa hill and facing the administration building are the huge Y. M. C. A., the new commissary and its companion refrigerating plant.

When the town was planned it was the intention to so construct the buildings that all would harmonize in architecture. This has been carried out with so rigid a resolve that perhaps the uniformity in a measure spoils the effect of the whole. There is nothing along the Prado, for instance, to relieve the eye of the sameness of the eight concrete houses that face the central parkway. They are all alike, in design, in size and interior furnishing. They were cast in the same concrete mold. There is a stilted formality about them that jars, but which undoubtedly prevents the jealousy which would be aroused were there a possibility of choice.

Balboa Heights Attractive.

The town of Balboa is virtually divided into four sections. East of the new administration building, which naturally dominates the business life of the town, on the sloping side of Ancon hill, is the official residence quarter. This section is frequently referred to as Balboa Heights. It is here that the real beauty of the village is to be seen. In time, no doubt when nature has completed its work, the other sections will equal and, perhaps, surpass it in attractiveness. Its present advantages are due to having been planned and constructed first and its natural advantages regarding location.

South of Balboa Heights is another flat hilltop which has in recent months become known as Quarry Heights, or sometimes Military Heights. The latter is used because it is the site of the large and handsome home of the commanding general of the United States troops and his staff officers. Farther south still is the permanent camp of the provost guard or military police.

At the foot of the hill on which the new administration building stands, and also near the bottom of the hill on which is the governor's house, which overlooks the tract, there is a large flat bottom land that, too, formerly was a huge swamp. It comprises about 1,000 acres and was filled in by the spoil from the dredges excavating the inner harbor of Balboa. The salt water has killed all the vegetation, which, however, was neither plentiful nor valuable. A top dressing of rich soil will eventually be given this tract and then it will grow anything. When money is available it is planned to transform this bottom land into a large, handsome park.

Why Orchestras Tune Up.

"Why," asked a visitor to the theater the other day, "do members of the orchestra always worry people possessing nerves, like myself, by tuning up their instruments?"

It is all a matter of thermometer, according to a musician. The temperature in different parts of the building is different and the instruments have to be tuned in which they are played. As a rule, the air in a theater becomes warmer as the performance progresses and so the instruments have to be tuned several times.

BEEF SERVED WITH MACARONI

Nutritious and Appetizing Dish That May Be Prepared at Comparatively Small Cost.

Two pounds of shank (or any preferred cut). Have saucepan very hot, fry out a piece of fat or grease bottom with butter, cut up meat and place in pan, allowing to fry until seared on every side. Salt and pepper, dredge with flour, pour on boiling water to just cover meat, cover closely and simmer slowly until nearly done. Do not add more water unless there is danger of going dry for you only want enough for gravy and not a stew. Twenty minutes before serving pare potatoes and add whole with small pieces of onions. At the same time put macaroni to cook in rapidly boiling water and allow to boil 15 minutes, stirring often with a fork so as not to break, then drain and add to meat. Cook all together until potatoes are done; take out thick part on deep platter, thicken gravy with tablespoonful of flour dissolved with little cold water, beat very smooth, then pour contents in platter and serve very hot. Dumplings can be added, but we never eat them. We like it made of round steak, but cheaper cuts are just as good, and really it is a delicious dish.—Boston Globe.

GOOD THINGS TO KNOW

When ironing table linen, iron with the selvege and not across the grain. To clean bamboo furniture use a brush dipped in warm water and salt. The salt prevents the bamboo from turning color.

Salt rubbed on tea cups will remove tea stains, and discoloration on crockery or china will respond to the same treatment.

To clean collars apply benzine and after an hour or more, when the grease has become softened, rub it or remove with soapuds.

A little clear coffee can be added to starch for tan or cream materials, and this is better than pure white starch in many colored things.

For black garments black starch is sold that is quite satisfactory. White starch is almost sure to give unsatisfactory results on black material.

Iron saucepans should be cleaned as soon as possible after use, and if anything greasy has been boiled in them put in some soda and boil up.

To Whip Condensed Milk.

Place one can of condensed milk in water and heat to boiling. Remove promptly and thoroughly chill by placing the can on ice. When cool, open the can and pour the milk, the entire contents of a small can or half the contents of a large one, into a chilled bowl, placed in another bowl filled with cracked ice. After the milk has become thoroughly chilled whip in the regular way with an ordinary egg beater for five minutes. Sweeten and flavor if desired. Keep it on ice until served. Condensed milk will whip without heating, but there are better results when following the above directions.

Suet Pudding With Sterling Sauce.

One cupful finely chopped suet, one cupful molasses, one cupful milk, three cupfuls flour, one teaspoonful soda, one and a half teaspoonfuls salt, one-half teaspoonful each ginger, cloves, nutmeg and one teaspoonful cinnamon. Mix and sift dry ingredients; add molasses and milk to suet; combine mixtures. Turn into buttered mold, cover and steam three hours. Serve with sterling sauce. Raisins and currants may be added.

Sterling Sauce—half cupful butter, one cupful brown sugar, one teaspoonful vanilla, four tablespoonfuls cream or milk. Cream the butter, add sugar gradually and milk and flavoring drop by drop to prevent separation.

Creole French Dressing.

Four tablespoonfuls of the best olive oil, one tablespoonful of vinegar, one teaspoonful of dry mustard, yolk of one hard-boiled egg, salt and pepper to taste. Rub the oil into the mustard, a drop at a time, until mustard is moistened and smooth, then alternate the oil and vinegar until all is in. When smooth add the hard-boiled egg, salt and pepper to taste, and beat well. If the oil seems to separate, a few drops more of vinegar and a hard beating will make it smooth again.

Using Left-Overs.

Here is a good way to use cold tongue, even if there is only an end left that is too small to slice: Cut the cold tongue into small dice. Now put two tablespoonfuls of butter into a saucepan and let it melt slowly. Add the same amount of flour, salt, pepper, and the juice of half a lemon. Add a cupful of strained tomato pulp. Simmer slowly for ten minutes. Strain, then return to the saucepan, lay in the tongue, and let it stand where it will keep hot without boiling for five minutes. Serve in a hot platter.

Homemade Cork Cleaner.

When cleaning steel knives I have found that a cork is much better than a cloth for rubbing on the soap or scouring powder. It cleans the knives quickly and at the same time polishes them. A cork from an olive bottle is the best.—Exchange.

Prune Salad.

Mix fine quality prunes, steamed, stoned and cut in pieces, with shredded nuts—pecans, walnuts or almonds. Serve on lettuce with a cream mayonnaise in which is mixed a little celery, very finely minced or run through the finest cutter of the meat grinder.

"IN HIM WAS LIFE"

Supreme Proof of the Messiahship Is to Be Found in the Words of St. Luke.

"Go and show John again those things which ye do hear and see. The blind receive their sight, and the lame walk, the lepers are cleansed and the deaf hear, the dead are raised up, and the poor have the Gospel preached unto them."—St. Luke 7:22.

That is a most pathetic list. It represents the army of the incomplete. Every member of the army is characterized by some conspicuous defect. Something is wanting. In every one there is a black gap. The blind, the lame, the leper, the deaf, the dead, the poor. Every one has something missing; every one gropes for his lost piece of silver; and my text affirms that every one finds the missing piece in Christ. "The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the Gospel preached unto them." Says the Apostle Paul: "We are complete in him." The Christ fits into our need, and fills us out to perfection. "In him was life." All the missing pieces of life are discovered and recovered in him.

That is the supreme proof of the Messiahship. "Art thou he that should come?" "Go and tell John that men and women are turning to Me in their imperfections and deformity, and they are all finding in Me the thing they seek. They are discovering themselves in Me!"

Every man who comes to the Master with an empty vessel goes away with it filled. That is the vast claim which lies behind the words of my text. Every human need may be interpreted as an index of the Master's wealth. Every need has its complement in him. Am I blind? In him I may find energy. Am I deaf? In him I may find hearing. Am I leprous? In him I may find health. What does this mean? It means that all restoring and reviving forces center in his personality, and issue from the energy of his own transcendent will. It means that he claims to be the fountain, ever creating, never impoverished.

Christ Always at His Best.

Such is the claim. Is his entire life consistent with the claim? One might be almost reluctant to apply such an exacting test. Was he always strong, creative, authoritative, full? Was he never an empty cistern? This we know, that all other men are only occasionally fountains. The water oftentimes fails them. Now the fountain is playing, and now the precious flow has ceased. You know how we express it in our familiar speech. We say: "Men are not always at their best." They have their moments on the mount, but they travel many flat, monotonous miles before they reach the mount. They are not always at their best. How was it with the Christ? He was always at the best! There is only one mood at your disposal when you judge the Christ. The positive and the comparative moods are obsolete. You can only use the superlative. The fountain is always flowing, always full!

The Christ is a specialist in every direction of human need. Just as the great ocean flows into the differently shaped creeks and crannies and coves of our wide-stretching shores, and fills them with its fullness, so the fullness of the creative life flows into our varied and many-shaped vessels, and transforms them from defect and poverty into partakers of the divine completeness. "He knew what was in man," says the Apostle John; he knows our weak points, and the fountain sends its restoring and reviving influence straight away to the gaping gap. That is the great glory of the Christian religion. Every man may find in Christ the remedy for his own defects. Virtue goes out of the Lord, and the vivifying, saving health makes for the part that is maimed or diseased or dead. Art thou blind? Canst thou not see the beauty of the beautiful, or the ugliness of the ugly? What is thy defect? What dost thou need? "What wilt thou that I should do unto thee?" "Lord, that I might receive my sight!" And immediately he received his sight, and followed Jesus in the way. Art thou lame? Should thy name be Mr. Halting?

All Power in Him.

Has thy will not resoluteness? Dost thou remain in paralyzing inactivity? Take thy defect to the fountain, and the virtue of thy Saviour shall straightly minister to thy need. He maketh the "lame to walk." He changes infirmity into firmness. "He makes our feet like hinds' feet," swift and sure-footed, and establishes us in the pure and lofty place. Art thou leprous? Is thy spirit loathsome? Is thy soul a sty, when it was purposed to be a temple? What dost thou need? "I will; be thou clean." The fountain sends the waters of life right away to the seat of need, and the individual emptiness is swallowed up by the divine fullness. "Of his fullness have we all received, and grace for grace."

What dost thou lack? What is missing? What is thy lost piece of silver? Thou hast been sweeping for it and seeking for it amid the dust-heaps of the world. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Every one finds the missing piece in him.—Rev. J. H. Jowett, D.D.

FOR COOLING WATER

INEXPENSIVE AND SATISFYING APPARATUS IS THIS.

Comparatively Inexpensive and May Be Made Serviceable for Milk If Desired — Illustrations Show Method of Construction.

How many times have we stopped at the farmhouse along our way in the hot summer time and called for a drink of water, and been told to go to the spring, or drink spring-water that had been standing in a pail for several hours?

For those who have not the convenience of the icehouse, or a cool cistern, the following description of how to make an inexpensive and satisfy-



Suitable for Milk or Water.

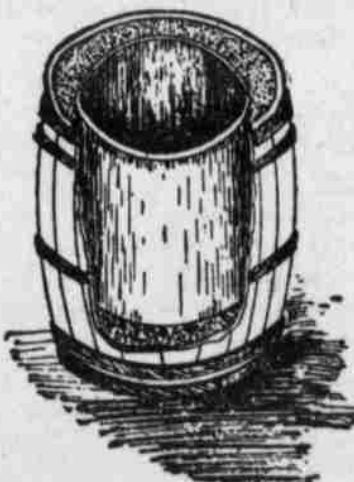
ing water cooler will prove interesting.

Any keg or barrel will do for ordinary purposes, but for the dining room or sitting room in any home the following will make a neat piece of furniture.

Secure a 10 or 15-gallon cask or keg, hardwood, preferably oak. A new one, one that may be stained, filled and varnished. Next secure a stone jar, one of which the diameter is three or four inches less than the keg, and the length of which is four or six inches less.

Fill the keg with charcoal until the jar sets in level with the top. That is, have the tops of each on a level. If any difference, let the jar be one-quarter of an inch the lower.

Have the jar in the exact center of the keg, and pack charcoal tightly around the jar until within two inches of the top. Then fill in the rest of the



Homemade Water Cooler.

way with Portland cement and sand, three parts sand and one part cement.

Finish off smooth and level, keep a linen towel dampened and spread over the jar, hold in place by a tight-fitting cover. Fill the jar with cool water early in the morning, and it will keep cool for days.—J. W. Griffin in Exchange.

Prune Gelatin.

One pound of prunes, one-half box of gelatin, two lemons, one cupful of sugar. Soak the prunes over night, stone them and simmer for 15 minutes. Soak the gelatin in a cupful of water for ten minutes, then pour over it a pint of boiling water and add the juice of the lemons. Place half of the gelatin into a wet mold and set it away to harden. When it is firm lay the prunes upon it, pour over them the remainder of the gelatin and allow to harden. Serve with whipped cream.

Hawaiian Fish Stew.

Four cupfuls of milk, one cupful of grated coconut, one tablespoonful of chopped onions, one tablespoonful of butter, one tablespoonful of curry and one teaspoonful of ginger.

The coconut is soaked in the milk for about one hour. In the meantime the onions are browned in butter and the curry and ginger are added; then the milk from the soaking coconut is drained and poured into the saucepan with the other ingredients, the fish is added and the whole is cooked until tender.

Asparagus Boilers.

Everybody is aware of the beneficial results obtained by eating asparagus, and while it is in season we should all serve this toothsome vegetable as often as possible. Asparagus boilers, with a rack that can be lifted out, thus draining the water from the vegetable, are excellent to use, as they insure the tips from breaking. These little boilers are of the best grade of tin and only cost 35 to 50 cents, according to size.

Berry and Lettuce Salad.

A pretty salad is made with strawberries and lettuce. Clean and hull the berries, then put them on the ice until they are quite chilled. Take the heart out of a crisp head of lettuce, washing the outer leaves well and chilling thoroughly by setting them directly on the ice in a paper bag until they are ready to be used. Fill in the center of the lettuce with the berries, cover with powdered sugar or a sweet mayonnaise.

THE APPOINTEES ARE APPROVED

LIST OF JUDICIAL OFFICERS SELECTED BY VOTES AT THE POLLS.

NAMED BY THE GOVERNOR

Men Previously Selected To Fill Vacancies By Appointment Are Endorsed at the Recent State Election.

—Nashville.

The judicial elections Aug. 3 resulted in the indorsement by voters in various districts of the appointments of Gov. Rye to fill vacancies and to fill newly created offices. Under the law, officers for the remainder of the term must be elected at the first general election, and those elected Aug. 3 will serve until 1918, their terms expiring the same time as the supreme court and other judges' terms expire.

The following judicial officers of the state who were appointed by Gov. Rye were elected by the people on Aug. 3:

T. O. Morris of Obion, attorney-general Fourteenth district, composed of Benton, Obion, Dyer, Weakley and Lake counties. Appointed to succeed D. J. Caldwell, deceased.

F. H. Mercer of McMinnville, chancellor Twelfth division, composed of the counties of Bledsoe, Franklin, Marion, McMinn, Sequatchie, Bradley, Grundy, Meigs, Polk, Van Buren, Coffee, James, Monroe, Rhea and Warren. Appointed to succeed B. C. Allen, deceased.

Frank L. Lynch, Winchester, judge Eighteenth circuit, composed of the counties of Franklin, Grundy, Meigs, Marion, Bledsoe, James, Sequatchie and Rhea. Circuit created by the last general assembly.

B. G. McKenzie, Dayton, attorney-general Eighteenth circuit, same counties as above. Circuit created by the last general assembly.

B. G. McKenzie, Dayton, attorney-general Eighteenth circuit, same counties as above. Circuit created by the last general assembly.

W. B. Garvin, Chattanooga, chancellor Third division, Hamilton county. Appointed to succeed T. M. McConnell, deceased.

James B. Newman, Nashville, chancellor Part 2 Davidson county division. Judgeship created by the last general assembly.

Hillsman Taylor, Trenton, attorney-general Thirteenth circuit, composed of the counties of Carroll, Haywood, Crockett, Henry and Gibson. Appointed to succeed Tom C. Rye, elected governor.

B. L. Capell, Memphis, judge Second division circuit court of Shelby county. Appointed to succeed Walter Malone, deceased.

David B. Puryear, Memphis, judge Part 1 criminal court of Shelby county. Appointed to succeed Jesse L. Edgington, removed by impeachment.

Thomas W. Harsh, judge Part 3 criminal court of Shelby county. Appointed to succeed J. W. Palmer, resigned.

The other judicial election held Aug. 3 was in the Second circuit. G. McHenderson, the Republican judge, died, and Gov. Rye appointed A. M. Payne to succeed him. At the general election Judge B. Holloway, a Republican of Morristown, formerly assistant attorney-general, was elected. This circuit is overwhelmingly Republican and is composed of the counties of Cooke, Jefferson, Grainger, Sevier, Hamblen and Union.

Convention Defeated.

While official returns to the secretary of state from 70 counties show a majority against the constitutional convention of 7,411, Charles C. Gilbert, secretary of the State Constitutional Convention League, announced that information from all counties indicated that the convention had been defeated by probably 2,500 votes.

The total official vote received was 39,178, for and 46,589 against, a total vote on the proposition of 95,767.

Charles C. Gilbert, secretary of the Tennessee Constitutional League, issued a statement in which the defeat of the constitutional convention is conceded. He said in part:

"Nothing further can now be done toward our present constitution except through legislative enactment, and judging from past experience, it will be a long time before any changes are made. We must therefore content ourselves with living under the present constitution and with the assistance of the legislature keep it as near up-to-date as possible.

State Republican headquarters were opened here in the Stahlman building. State Chairman J. Will Taylor and Secretary A. V. McClane are in charge. Mr. Taylor expressed optimism at the chances for Republican victory at along the line in Tennessee this fall.

The court of civil appeals which concluded the East Tennessee term last week will meet again in Nashville the first Monday in September. Judge S. F. Wilson, presiding judge of the court, was at the capitol and Clerk Vaughn announced the date for the meeting.